



by Deva Hardeep Singh | Dharma Seeds Yoga Press© | 27 June 2023 |

Avoiding attachment: the flight path to self-care

My five-year older brother's shrill yells of "Mark isn't keeping his side of the room clean!" were a weekly occurrence. I was attached to not throwing away things, so I would often avoid cleaning my room. I was attached to trash.



Deva 2nd grade 1969

I remember casually mentioning to my medically trained sister once that I needed to get my Lortabs refilled. Her reply and face said it all: “Why are you on Lortabs?”

“Well, remember that car wreck three years ago?” I asked. “My doc still has me on them.”

My sister’s expression softened. “I see,” she said. “Do you think you are addicted to them?”

I nodded. “I know,” I said. “But it’s hard to let go. They numb out the pain.”

I looked into my sister’s eyes, and I knew she was right. I wasn’t alone. And there was help available.

I took a deep breath. “shit,” I uttered under my breath.

I was attached to numbing myself through Lortab. Just like in college when a doctor gave me 300 tablets of Norgesic Forte, a nice muscle relaxant. Those 300 tablets helped me through a semester. I was attached to addictions that harmed my body, mind and soul.

The Attachment Styles

SECURE

- 1-Can trust fairly easily
- 2-Is attuned to emotions
- 3-Can communicate upsets directly
- 4-Leads with cooperative and flexible behavior in relationships

ANXIOUS

- 1-Has a sensitive nervous system
- 2-Struggles communicating needs directly
- 3-Tends to "act out" when triggered (l.e. makes partner jealous)

AVOIDANT - DISMISSIVE

- 1-Downplays importance of relationships
- 2-Is usually extremely self-reliant
- 3-Can become more vulnerable when there is a big crisis

AVOIDANT - FEARFUL

- 1-More dependent in relationships than avoidant - dismissive
- 2-Strongly fears rejection
- 3-Has low self-esteem
- 4-Has high anxiety in relationships

Setting Intentions

In **Sanskrit, the word sankalpa means intention**. Intention is purpose, an objective, a goal, an intended direction. In medical terminology, **an intention is**

the process of healing a wound. Intentions within a yoga and meditation practice are a bit of a combination of these two definitions.

An intention is essentially an affirmation or positive statement that speaks, present tense, to a future goal or area of focus that you are building within your life. "I am"... "healing", "strong", "unstoppable", "I work for justice", "I see

all who travel this world beside me”. The words within that yearn to carry you; this is where intentions begin.

Setting an intention within your practice offers a focus point, an attention redirection when the mind fluctuations wander too far from yourself.

Intentions are for you, and you alone.

PYP 200 hr CYT Yoga Teachers Training Manual <https://bit.ly/PYP-Training>

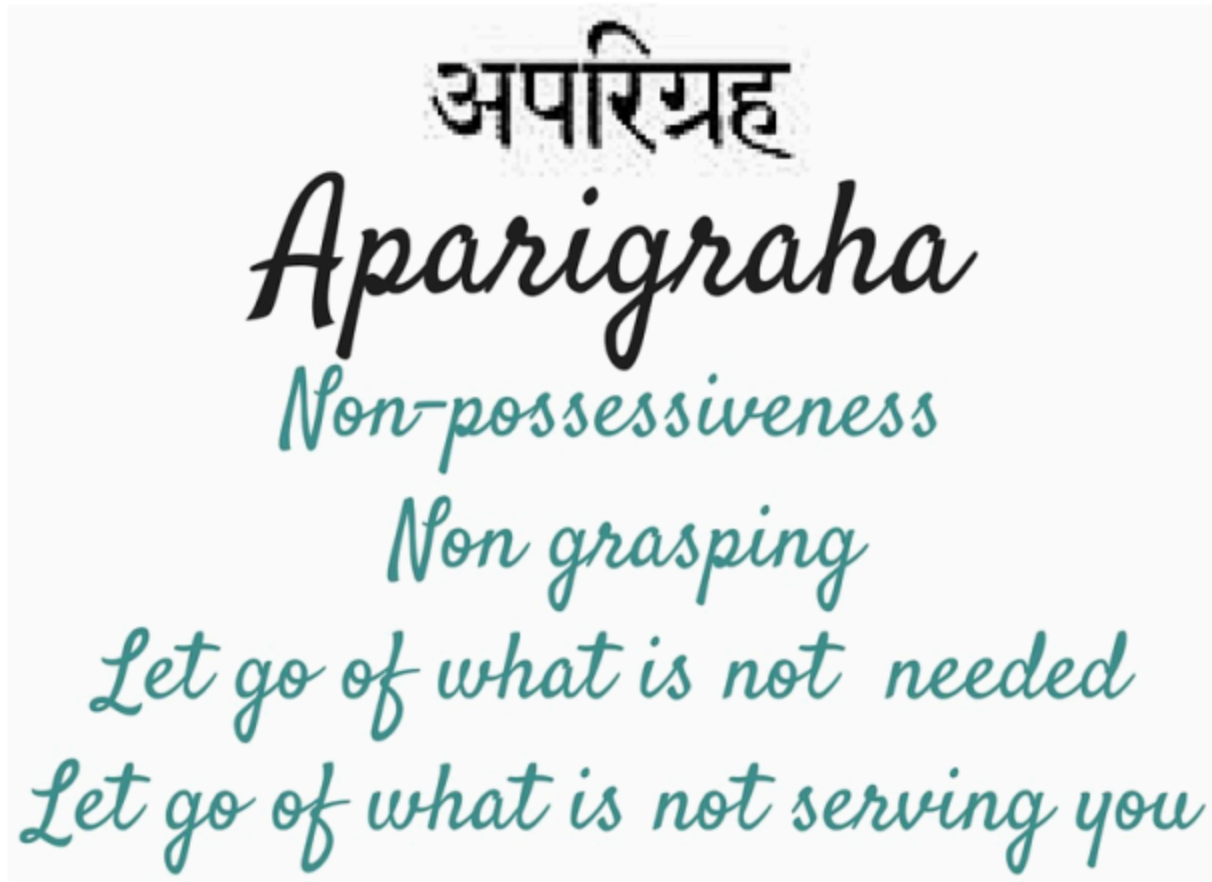
Finding The Unexpected Support System

As individuals begin to heal and understand the roots of their traumas and the long-term impact of these traumas on the mind and body, gentle transitions begin to occur. Partnered with a deeper connection to breath and movement and the increased ability to self-soothe, practitioners of trauma-informed yoga begin to notice the deeper impact of the practice and increase their awareness of their actions and reactions off the mat. By nurturing this growing awareness, a healthier support system can emerge.

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Aparigraha

Aparigraha (Ah-par-ee-grah-hah) gives us an opportunity to let go and open ourselves up for new experiences and opportunities. The fifth and final Yama evaluates need over want and encourages us to receive only what is necessary and let go of anything beyond this. It warns against the harm that arises out of greed and the dangers of attachment and instead offers us that happiness and contentment are not created beyond our physical self and to need, desire, or obsess over what is beyond



Aparigraha: Letting Go

It seems easy enough to say, “Let go.” But we all know it’s not that simple. We have a tendency to lock away our past traumas, to padlock them shut and brick them over, never to be dealt with again.



But this is not the way to heal. In order to truly move on, we need to face our traumas head-on. We need to open the doors to those locked rooms and allow

ourselves to feel the pain and the fear. Only then can we begin to let go.

The mindful exercise from last month's writing is a good place to start. In that exercise, we were asked to visualize a door that represented a past trauma. We were then asked to open the door and allow ourselves to feel the emotions that came up.

This exercise can be difficult, but it is important. By facing our traumas, we can begin to heal. We can let go of the pain and the fear, and we can move on with our lives.

Here are some additional tips for letting go of past traumas:

- Talk to a therapist or counselor. They can help you to process your emotions and to develop healthy coping mechanisms.
- Journal about your experiences. This can help you to understand your trauma and to start to let go of it.
- Practice mindfulness meditation. This can help you to become more aware of your thoughts and feelings, and to let go of them more easily.
- Be patient with yourself. This process takes time. Don't expect to be able to let go of your trauma overnight.

Remember, you are not alone. Many people have experienced trauma, and there is help available. With time and effort, you can heal and move on with your life.

Aparigraha is the yogic principle of non-attachment. It is the practice of letting go of material possessions, emotional baggage, and negative thoughts. In order to fully realize Aparigraha, it is important to overcome some common mental health issues that can hold us back from letting go.

Some of these mental health issues include:

- **Attachment anxiety:** This is the fear of losing something or someone that we care about. It can lead us to cling to people or possessions, even when it is not healthy for us.
- **Fear of abandonment:** This is the fear of being left or rejected by others. It can lead us to try to control people or situations, in order to avoid being abandoned.
- **Low self-esteem:** This is a lack of confidence in oneself. It can lead us to believe that we are not worthy of love or happiness, and that we need to hold on to things in order to feel secure.
- **Greed:** This is the desire for more than we need. It can lead us to hoard possessions, money, or even relationships.
- **Resentment:** This is anger or bitterness that we hold onto, often for a long time. It can lead us to feel like we are owed something, and that we need to get back at someone.

If you are struggling with any of these mental health issues, it is important to seek professional help. A therapist can help you to understand your triggers and to develop healthy coping mechanisms.

With time and effort, you can overcome these issues and begin to practice Aparigraha. This will allow you to live a more present and fulfilling life.



How to Overcome Childhood Trauma

Here are some additional tips for overcoming mental health issues that can hinder *Aparigraha*:

- **Practice mindfulness:** Mindfulness is the practice of paying attention to the present moment without judgment. It can help you to become more aware of your thoughts and feelings, and to let go of them more easily.
- **Challenge your negative thoughts:** When you have a negative thought, ask yourself if it is really true. Is there another way to look at the situation?
- **Focus on the positive:** Make a list of all the things you are grateful for. This will help you to focus on the good things in your life, and to let go of the negative.
- **Be patient with yourself:** Change takes time. Don't expect to overcome your mental health issues overnight. Just keep practicing, and you will eventually reach your goals.

here is how working with *aparigraha* can help us overcome our fear of abandonment:

- **Aparigraha teaches us to let go of the need to control.** When we are afraid of abandonment, we often try to control the people and situations in our lives. We may try to be perfect, or to please everyone. We may try to avoid conflict at all costs. But this only leads to more anxiety and stress. *Aparigraha* teaches us that we cannot control other people's actions, and that we need to let go of the need to do so. This can help us to relax and to be more open to relationships.
- **Aparigraha teaches us to accept ourselves and others as we are.** When we are afraid of abandonment, we may have a hard time accepting ourselves and others. We may be critical of ourselves and others, and we may always be looking for flaws. But this only leads to more pain and suffering. *Aparigraha* teaches us to accept ourselves and others for who we are, flaws and all. This can help us to feel more secure in our relationships, and to let go of our fear of abandonment.

- **Aparigraha teaches us to appreciate the present moment.** When we are afraid of abandonment, we may be constantly worrying about the future. We may be afraid of being left alone, or of not being good enough. But this only leads to more anxiety and stress. Aparigraha teaches us to appreciate the present moment, and to live in the here and now. This can help us to relax and to enjoy our relationships, and to let go of our fear of abandonment.

If you are struggling with fear of abandonment, I encourage you to explore the principles of aparigraha. It can be a powerful tool for healing and transformation.

Here are some additional tips for working with aparigraha to overcome fear of abandonment:

- **Practice mindfulness meditation.** Mindfulness meditation can help you to become more aware of your thoughts and feelings, and to let go of them more easily.
- **Challenge your negative thoughts.** When you have a negative thought about yourself or about your relationships, ask yourself if it is really true. Is there another way to look at the situation?
- **Focus on the positive.** Make a list of all the things you are grateful for. This will help you to focus on the good things in your life, and to let go of the negative.
- **Be patient with yourself.** Change takes time. Don't expect to overcome your fear of abandonment overnight. Just keep practicing, and you will eventually reach your goals.

Remember, you are not alone. Many people struggle with fear of abandonment. There is help available, and you can overcome this fear.

Here are some ways on how working with Aparigraha can help us challenge our negative thoughts:

- **Become aware of your thoughts.** The first step to challenging your negative thoughts is to become aware of them. When you have a negative thought, ask yourself where it came from. Is it based on reality, or is it based on fear or insecurity?
- **Question the validity of your thoughts.** Once you are aware of your negative thoughts, you can start to question their validity. Is there any evidence to support your thoughts? Or are they just based on assumptions?
- **Consider alternative perspectives.** When you challenge your negative thoughts, it is helpful to consider alternative perspectives. What would someone else say about your situation? How would you view the situation if you were not afraid?
- **Focus on the positive.** It is also helpful to focus on the positive aspects of your life. What are you grateful for? What are the good things that have happened to you recently?
- **Practice mindfulness meditation.** Mindfulness meditation can help you to become more aware of your thoughts and feelings, and to let go of them more easily.

Aparigraha is the yogic principle of non-attachment. It is the practice of letting go of material possessions, emotional baggage, and negative thoughts. When we work with aparigraha, we learn to accept things as they are, and to let go of the need to control or possess. This can help us to challenge our negative thoughts, and to see the world in a more positive light.

TAKE YOGA OFF THE MAT

challenge

PRACTICE APARIGRAHA - NON-POSSESSIVENESS

1. Practice yoga for the love of practicing - without pushing yourself to the edge, without comparing yourself to others
2. Clean out the clutter at home
3. Stick to your shopping list next time you're at the shop and don't put those extra indulgent treats into the trolley
4. Don't push away negative feelings - feel them, allow them to happen, and know that this too shall pass
5. Forgive others. Your 'not forgiving' does not heal your wounds—it only keeps them open. Make the decision to free yourself from resentment and bitterness, and become the loving person you know you are.

Here are some additional tips for challenging your negative thoughts with Aparigraha:

- **Remember that you are not your thoughts.** Your thoughts are just thoughts. They do not define you.
- **Be kind to yourself.** When you have a negative thought, don't beat yourself up about it. Just acknowledge the thought, and let it go.
- **Have faith in yourself.** You are capable of challenging your negative thoughts and living a positive life.

Remember, it takes time and practice to challenge your negative thoughts. Don't give up. Just keep practicing, and you will eventually reach your goals.

Self-Care is to learn to embrace and love you one-hundred percent. That is true mindfulness.

Pre-Caution

While engaging in any **yoga activities, always remember:**

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Yoga

Here are 3 intermediate Yin Yoga asanas that strengthen Aparigraha:

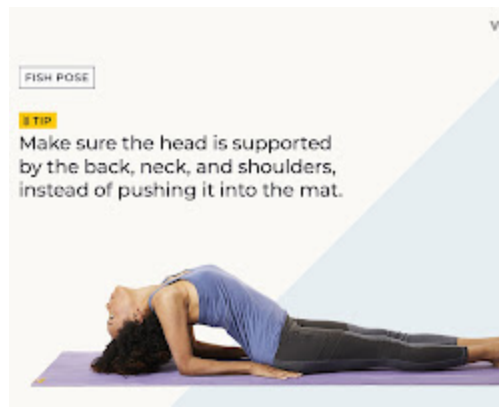
- **Reclining Bound Angle Pose (Supta Baddha Konasana):** This pose is a great way to release tension in the hips and pelvis. It also helps to cultivate a sense of surrender and non-attachment. To do this pose, start by lying on your back with your knees bent and your feet flat on the floor. Bring the soles of your feet together and allow your knees to fall open to the sides. Reach your arms overhead and clasp your hands together. Relax your shoulders and neck, and allow your body to sink into the ground. Hold this pose for 3-5 minutes. [Yogajala](#) Reclining Bound Angle Pose (Supta Baddha Konasana) Yoga Pose



Reclining Bound Angle Pose | Supta Baddha Konasana | Yoga Pose



- Supported Fish Pose (Salamba Matsyasana):** This pose is a great way to stretch the spine and release tension in the neck and shoulders. It also helps to cultivate a sense of openness and non-attachment. To do this pose, start by sitting on your mat with your legs straight out in front of you. Bend forward from the hips and place your hands on the ground, shoulder-width apart. Lean back so that your body weight is supported by your hands and your feet. Bring your hands together behind your back and clasp your fingers together. Relax your neck and shoulders, and allow your head to hang down. Hold this pose for 3-5 minutes. [Verywell Fit](#) Supported Fish Pose (Salamba Matsyasana) Yoga Pose



Variation link

- **Pigeon Pose (Kapotasana):** This pose is a great way to stretch the hips, groin, and inner thighs. It also helps to cultivate a sense of acceptance and non-attachment. To do this pose, start by kneeling on your mat with your knees hip-width apart. Bring your right foot forward so that your right knee is bent at a 90-degree angle. Slide your left foot back so that your left heel is in line with your right hip. Lower your hips down to the ground, keeping your right knee bent and your left leg straight. Place your hands on the ground in front of you for support. Hold this pose for 3-5 minutes, then repeat on the other side. [ArtofLiving.org](https://artofliving.org) Pigeon Pose (Kapotasana) Yoga Pose

Classic Pigeon Pose



Resting Pigeon Pose



One-legged Pigeon Pose



King Pigeon Pose



Pigeon Pose Variations

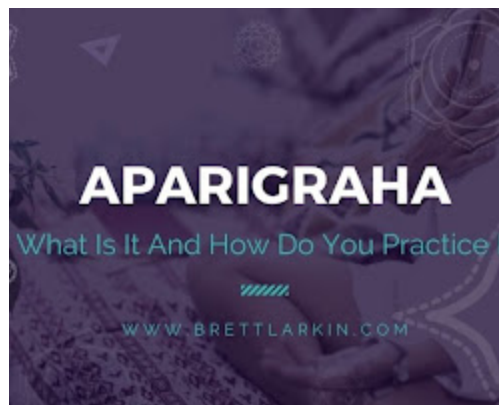
YogaU Variations

When practicing these poses, it is important to listen to your body and to not push yourself too hard. If you feel any pain, simply modify the pose or come out of it altogether. With regular practice, these poses can help you to cultivate a sense of non-attachment and to live a more peaceful and fulfilling life.

Research

here are 3 academic & scientific articles on how Aparigraha is essential part of Self-Care:

- **“The Role of Aparigraha in Self-Care”** by Sarah K. Bird, published in the **International Journal of Yoga Therapy** in 2017. This article explores the yogic principle of aparigraha and its relevance to self-care. The author argues that aparigraha can help us to let go of attachments, to be more present, and to live more mindfully. [Brett Larkin](#) Role of Aparigraha in Self-Care article.



- **“Aparigraha: The Yoga of Non-Attachment”** by Mark Matousek, published in the **Journal of Humanistic Psychology** in 2005. This article provides a comprehensive overview of the yogic principle of aparigraha. The author discusses the benefits of aparigraha for physical, mental, and emotional health. [Journey to the Life You Love HOME](#) Aparigraha: The Yoga of Non-Attachment article



- **“The Psychology of Aparigraha: Letting Go of Attachments for Self-Care”** by Brett Larkin published in the **Psychology Today** website in 2018. This article explores the psychological benefits of aparigraha. The author argues that aparigraha can help us to reduce stress, to improve our relationships, and to live a more fulfilling life.



<https://www.brettlarkin.com/what-is-aparigraha/>

Resources

BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>

- The American Psychological Association: <https://www.apa.org/>

- Prison Yoga Project – 200hr Yoga Teachers

Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>

- In The Rooms (web based 12-STEP rooms)

<https://www.intherooms.com/home/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

Sign up for our newsletter: <http://eepurl.com/hQlzgl>

Dharma Seeds Press bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

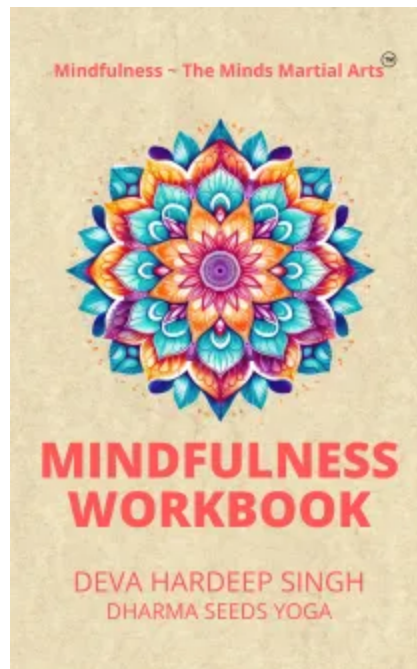
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NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

The Mind's Martial Arts™ Chapter 1



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Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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